



Personal Training



Lehi Legacy Center
123 N Center St.
801-768-7124
www.lehi-ut.gov

LEHI LEGACY CENTER PERSONAL TRAINING

Are you looking for a great way to get into shape? Personal Training is now offered at the Legacy Center!

Jeffery Jensen

B.S. Exercise & Sports Science/Physiology

Jeffrey graduated from the University of Utah with his Bachelor's Degree in Exercise and Sports Science with an emphasis in Physiology. Jeffrey has over 23 years of health and fitness experience and has an unbelievable passion for helping others to achieve their personal fitness goals. Jeffrey is about the basics and likes to keep it simple. Fitness is fun and Jeffrey will help you understand you're potential.

In 1992 Jeffrey opened a private personal training studio in Salt Lake City, Utah and after incredible success sold his business in 2002. For the next seven years Jeffrey devoted his time to corporate fitness and management. In 2005 Jeffrey went back to school to get his MBA and graduated in 2007.

Jeffrey has the experience to train all levels of individuals, whether it is to lose that few pounds of extra giggle or gain that competitive/professional edge. Jeffrey simply says, "Don't Try...Do!!!"

PERSONAL TRAINING RATES

Individual Training Session

1:1 \$65 per hour session

1:1 \$40 per ½ hour session

Training Packages

6 x 1 hour Sessions: \$360

6 x ½ hour Sessions: \$210

12 x 1 Hour Sessions: \$660

12 x ½ Hour Sessions: 360

24 x 1 Hour Sessions: \$1200

24 ½ Hour Sessions: \$600

Receive a 5% discount on the purchase of 6-11 sessions, 7% discount on 12-17 sessions, 9% discount on 18-23 sessions, and 11% discount on 24 or more sessions.

✕QUICK FACTS

What..... Personal Training

Where..... Weight and Cardio room

Who..... All Welcome

Appointment Make appointment w/Jeffery @ 801-739-3110

Day Monday thru Saturday – by appointment only

Fee..... SEE ABOVE

***Receive a 5%, 7%, 11%, 15%, 20% discount when you purchase more than 6 sessions!**

REGISTRATION

Must make an appointment at the Legacy Registration back offices

Monday-Friday 8am-6pm **(NO REFUNDS)**